CREATED BY wild art flow

The 10-minute creative reset

Simple art prompts to ground your mind and soothe overwhelm for all ages.



Welcome! This little guide is designed for parents, children, individuals, and groups. When big feelings or anxiety take over, our nervous systems need a quick reset. These simple 10-minute activities combine gentle physical movement ('acting out') with basic creative tools to bring you back to a calm, safe baseline. No art experience needed.

Your 10-Minute Reset Creative Prompts

1. The Ocean Wave Breath

The Action: Close your eyes and take deep, slow breaths. Move your hand up and down in the air like an ocean wave as you breathe in and out.

The Art: Pick up a blue pen, crayon, or marker. Let your hand copy that exact breathing movement on the paper, drawing smooth, looping waves across the page.

Why it works: Matching your physical breathing to rhythmic, flowing lines on paper sends an immediate signal to your brain to drop your heart rate and exit a racing, anxious mindset.

2. The Balloon Pop Reset

The Action: Blow up an imaginary balloon. Hold your breath for three seconds, then stand up and gently shake your whole body as you imagine the balloon popping and letting out all the pressure.

The Art: Use bright colours to draw big, energetic circles. Scribble wildly inside them, then use a black marker to draw big 'X' marks over them to fully release the tense energy.

Why it works: Intentionally tensing and releasing your muscle (followed by bold satisfying mark making) physically discharges built up adrenaline and stress hormones.

3. The Paper Scrunch & Toss

The Action: Grab a scrap piece of paper. Think about a heavy feeling or a big worry, squeeze the paper as hard as you can into a tiny, tight ball, and throw it gently across the room.

The Art: Unravel that scrunched-up paper. Smooth it out flat. Use watercolour paints or markers to gently fill in the creased cracks with calm, comforting colours.

Why it works: Squeezing and throwing the paper gives physical stress an outlet, while gently colouring the cracks shifts the brain from panic into slow, comforting problem solving.

4. The Roots in the Floor

The Action: Stand up completely straight. Imagine you are a giant tree with deep roots growing out of the bottoms of your feet, pressing firmly into the floor so you cannot be shaken.

The Art: Place your hand flat on the paper and trace around your fingers with a pen. Turn the fingers of your hand outline into tree branches and draw long, strong roots stretching down out of the palm.

Why it works: Sensory grounding. Tracing your physical hand focusing on deep roots pulls your attention away from abstract worries and grounds you in the reality of your safe physical space.

5. The Safe Shield Blanket

The Action: Wrap a real blanket around your shoulders, or imagine a warm, protective shield of light completely surrounding you, keeping all outside noise and stress far away.

The Art: Draw a large circle or shield on your paper. Inside the shield, paint or doodle your favourite patterns, textures, or comforting shapes using only your favourite, most peaceful colours.

Why it works: This exercises psychological boundary setting. Drawing an intact shield creates a visual and mental barrier between you and the outside overwhelm, restoring a strong sense of inner control and safety.

6. The Continuous Line Blind Draw

The Action: Sit comfortably and look at one simple object in the room (like a mug or a plant). Commit to keeping your eyes locked onto that object without looking down at your page.

The Art: Put your pen on the paper. Without looking down and without lifting your pen, draw the object using one single, continuous line. Let it be silly, messy, and beautifully imperfect.

Why it works: This activity shuts off perfectionism. Because you are not allowed to look at the paper, your inner critic goes quiet, allowing your mind to relax into a state of playful, judgment free flow.

7. The Colour Collector

The Action: Take a slow look around the room you are sitting in without moving your head.

The Art: Pick up your coloured pencils or markers. Look around the room, find one object that matches each colour you hold, and draw a simple, neat swatch or block of that colour on your page.

Why it works: This shifts your brain out of anxious internal loop and grounds you in your physical surroundings.

8. The Frame & Outline

The Action: Reset your non drawing hand flat on your lap and take two slow, deep belly breaths.

The Art: Draw a loose, organic shape on your page (like a cloud or a puddle). Take a different coloured pen and carefully draw a neat outline directly around it. Keep repeating this, adding layer after layer of outlines like ripples in water.

Why it works: The steady, careful tracing movement creates an immediate sense of emotional safety and control.

Be gentle with your mind and free with your art.

